

# ENVIRONMENTAL BENEFITS OF A PLANT-BASED DIET

A PRESENTATION BY

## HOME LE'AMOHALA

Some of the potential solutions for our environmental dilemmas are found on our dinner plate. Our modern and complex world tends to develop complicated technological solutions to solve our problems. Many of these technological solutions tend to reveal themselves more as complications than as actual solutions. Global warming and fresh water pollution are two such environmental dilemmas that can be best addressed with dietary changes. Wholesome lifestyles that leave a light footprint on the earth benefit the environment and our future generations. Comparing these modern adaptations to our more "primitive" behavior of the past may grant us insights into potential solutions for our contemporary conundrums.

**THURSDAY, MARCH 20, 7 P.M.**  
**CAMERON CENTER**  
**95 MAHALANI ST., WAILUKU**

Talks are structured for adult-level audiences. We are not able to provide a playroom for children at this time.



**Vegetarian Society of Hawaii**

**Join Us!**

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Mr. Le'amohala has held positions as Ocean Reef Lecturer and Whale Watch Naturalist, Snorkel and Hiking Guide, served on the Navatek II as Cruise Director, and as Educational Director for Leilani Farm Sanctuary. He partook of a five year internship with a vegan community dedicated to promoting planetary integrity. Presently he is the President of OLA, the Optimum Living Alliance, a not-for-profit 501(c)(3) organization dedicated to promoting personal and planetary vitality. He is also the curator of Onipa'a Sustainability Center, a project of OLA dedicated to sharing the facets and benefits of sustainably directed lifestyle options. Presently, he is developing several books focused on evolving the human character.

**FREE Admission &  
Refreshments**